Honey Roasted Chicken

香烧蜜汁鸡

Ingredients:

Whole chicken.........1
Honey................to taste

Marinade:

Salt...................... 2 teaspoons	Sesame oil..................... 1 teaspoon
Sugar ....2 teaspoons	Chicken stock powder..... 1 teaspoon
Light soy sauce.... 1 teaspoon	Five-spice powder.......... to taste
Dark soy sauce.....1 teaspoon	Pepper.......................... to taste

Method:

1. Remove head and feet from the chicken. Rinse and drain well, set aside.
2. Combine all marinade ingredients, mix well and apply on both inner and outer part of the chicken. Cover the chicken with cling film and keep it in the fridge overnight. Remove cling film on the next day and leave it in the fridge for 2 hours to dry out the outer part of the chicken (Turn the chicken upside down after an hour).
3. Insert the fork into the middle of the chicken and secure both sides to the chicken fork. Place the secured chicken fork into the roaster and close the lid. Set the timer and select "Roast" mode to roast for 30 minutes.
4. Brush a layer of honey on the chicken 5 minutes before it is ready. Continue roasting until time is up and it is ready to serve.
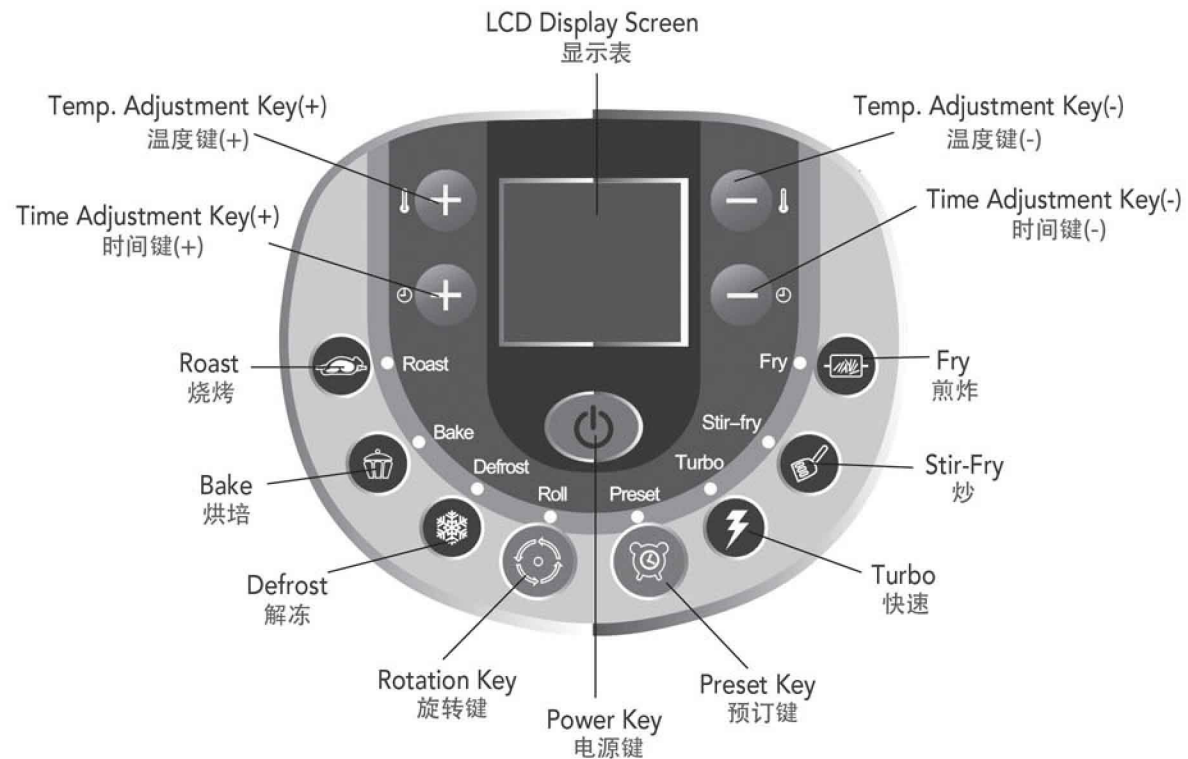
Roast

材料:

鲜鸡..........1只
蜜糖..........适量

腌料:

盐..........2茶匙	麻油..........1茶匙
糖..........2茶匙	鸡精粉.........1茶匙
生抽.........1茶匙	五香粉.........适量
黑酱油........1茶匙	胡椒粉.........适量

做法:

1. 将鸡头与鸡脚剁掉，清洗干净，沥干水份，备用。
2. 把所有腌料拌匀，涂抹在鸡的内部与外面，利用保鲜纸盖好，放置冰箱过夜。第二天把保鲜纸打开，让鸡表面的水份停留在冰箱2个小时抽干。(一个小时后将鸡反转)
3. 将全鸡以转轴自中间插入鸡体，两边用烤鸡架固定住，再将固定好的转轴放入机器转轴插控中，把盖盖好，再按"烧烤"键烘烤30分钟。
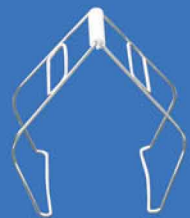4. 最后倒数5分钟，刷上一层蜜糖，继续烤至时间到，即完成。

How to use 如何使用

LCD Display Screen
显示表

Temp. Adjustment Key(+)
温度键(+)

Temp. Adjustment Key(-)
温度键(-)

Time Adjustment Key(+)
时间键(+)

Time Adjustment Key(-)
时间键(-)

Roast
烧烤

Roast

Fry

Fry
煎炸

Bake

Stir-fry

Bake
烘培

Defrost

Turbo

Stir-Fry
炒

Roll

Preset

Defrost
解冻

Rotation Key
旋转键

Power Key
电源键

Preset Key
预订键

Turbo
快速

Features 产品特点

Stainless Steel Shield
不锈钢防护罩

Tempered Glass
钢化玻璃

Stainless Steel Inner Pot
不锈钢内锅

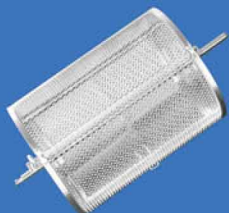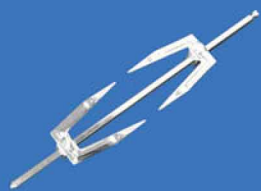Safety Switch
安全钮

Lid Lock
开关锁

Accessories 产品配件

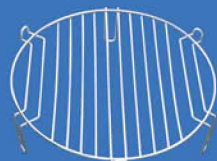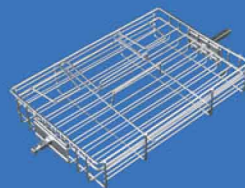Many functions with a variety of dishes 多样配件, 多种食谱
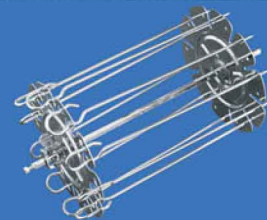
| tong 取物夹 | baking cage 转笼 | chicken fork 烤鸡架 | low/high rack 高低架 | steak cage 转动层架 | skewer rack 串烧架 | holder 支架 |

Roasted Five Spice Peanuts

五香花生

Ingredients:

Peanuts (Peeled).......250g
Salt..........................½ teaspoon
Five Spices powder...¼ teaspoon
Water.......................300 ml

Method:

1. Mix all ingredients in a pot and bring it to boil. Leave it in the pot for about 2 hours.
2. Drain the peanuts. Put the peanuts into the baking cage.
3. Select "Bake" mode and bake for 15 minutes. Remove the peanuts from the baking cage when it is done. Ready to serve after cool off.

Bake

材料：

花生(无皮).......250克
盐..............½茶匙
五香粉.........¼ 茶匙
水..............300毫升

做法：

1. 将所有材料混和煮开，搁置於锅内继续浸泡约两小时。
2. 沥干花生的水份，放入烤笼中。
3. 按"烘焙"键烘烤15分钟（自行调时间）。取出花生，待稍微变凉即可享用。

Roasted
Cashew Nuts

烤腰豆

Ingredients:

Raw cashew nuts.......250g
Salt............................½ teaspoon

Method:

1. Place raw cashew nuts into the baking cage.
2. Select "Bake" mode to roast for 15 minutes. Sprinkle salt on the cashew nuts, leave to cool and it is ready to be served.

Bake

材料:

生腰豆..........250克
盐.............½茶匙

做法:

1. 将生腰豆，放入转笼中。
2. 以"烘焙"键烘烤15分钟。取出腰豆洒上盐，稍放凉，即可享用。

Chicken Nuggets

鸡 肉 块

Ingredients:

Frozen Chicken nuggets from any supermarkett.......1 pack (or as desired)

Method:

1. Pour the chicken nuggets into the baking cage. You don't have to defrost the nuggets.
2. To set up the shaft and baking cage, put one end of the shaft through the shaft hole, then put the other end on the stainless steel holder.
3. Start cooking by selecting "Fry" mode.
4. Ready to serve after 25 minutes.

Fry

材料:

市售冷冻鸡肉块......1包（适量）

做法:

1. 鸡肉块无须解冻，将适量的鸡块（必须留有空间）放入转笼中。
2. 将转轴及转笼组装好，把一端转轴插入转轴插孔，另一端置放于不锈钢内锅支架上。
3. 再按"煎炸"键烘烤。
4. 经25分钟后即完成。

Japanese Cheese Cake

日式芝士蛋糕

Ingredients:

Cream cheese............100 g	Corn flour ....2 spoonful	Caster sugar.........45g
UHT milk...................60ml	Egg whites 3	Cream of tartar.......¼ teaspoon
Unsalted butter...........30g	Egg yolks.............3	
Cake flour...................30g	Lemon juice..........2 spoonful	

Method:

1. Cut cream cheese into chunks then add in UHT milk and soak for 30 minutes. Melt the unsalted butter over simmering water.
2. After 30 minutes, heat the cream cheese over simmering water until it turned smooth and thick. Add in melted butter and set aside to cool.
3. Fold in cake flour, corn flour, egg yolks, lemon juice and mix well. Filter with sieve to avoid any flour lumps, set aside.
4. Place egg whites in a large clean mixer bowl, add in cream of tartar and beat at low speed until air bubbles appear. Separate the sugar adding steps to 3 times. After adding sugar for the first time, beat the egg white mixture in high speed for one minute. Repeat for the second and third times.
5. Fold in the egg whites into the cream cheese mixture and mix well.
6. Wipe some butter on the baking pan and place a piece of baking sheet to avoid sticking. Pour the mixture into the baking pan and select "Bake" mode to bake for 45 minutes.
7. When the cake surface turns into golden brown color after 15 minutes, cover the cake with a sheet of aluminum foil and continue to bake for the remaining time.

Bake

材料:

奶油奶酪.........100克	玉米粉.........2大匙	细砂糖.........45克
鲜奶...........60毫升	蛋白...........3粒	塔塔粉...........¼ 茶匙
无盐牛油........30克	蛋黄...........3粒	
低筋面粉........30克	柠檬汁.........1大匙	

做法:

1. 将奶油奶酪切割成块粒状，加入鲜奶浸泡30分钟。同时把牛油隔水融化，备用。
2. 30分钟之后，隔水将奶油奶酪煮到平滑浓稠，在加进已融化的牛油，待凉。
3. 接着加入低筋面粉与玉米粉，蛋黄，柠檬汁，搅拌至浓厚均匀。如果面糊出现团粒，用筛过滤，备用。
4. 在干净的搅拌大师锅内，放进蛋白加入塔塔粉，利用慢速打发至起泡再陆续分三次加进白砂糖。第一次加糖改用高速需时打发一分钟，第二，第三次同样做法。
5. 将打发好的蛋白与面糊混合均匀。
6. 用少许牛油把烤盘涂抹均匀再加烘烤纸，避免你粘锅，随即将面糊送入锅内，按"烘焙"键烘烤45分钟，即可。
7. 15分钟后蛋糕表面呈金黄色，必须用锡箔纸盖着蛋糕，再续烘烤至时间完毕。

Hong Kong Style Egg Tart

港式蛋挞

Ingredients for crust:

Plain flour.........225 g	Egg (beaten).....1	
Butter...............125 g	Vanilla extract.....a dash	
Icing sugar.......55 g		

Ingredients for egg custard:

Eggs...............3	Evaporated milk...85 g
Caster sugar...110 g	Vanilla extract.......½ teaspoon
Hot water.........225 g	

Method of making crust:

1. Place butter at room temperature until softened. Beat the butter with electric mixer over low speed, add in icing sugar two times separately until the mixture is light in color.
2. Add in egg, half at a time, beat over low speed. Add vanilla extract, mix well. Sift in plain flour in two batches, combine the mixture well and knead into dough.
3. Roll out the dough with rolling pin to about ½ cm thick. Cut dough with cookie cutter into slightly smaller than the size of tart mold. Place the dough on tart mold and press it with two thumbs. How to press: Start pressing from the bottom and turn the tart mold while pressing. Press lightly to the side until it is evenly thick.

Method of making egg custard:

1. Add caster sugar into hot water, mix until completely dissolved.
2. Whisk egg with evaporated milk. Pour in sugar water and mix well.
3. Sift egg mixture to get rid of lumps and bubbles. Pour egg mixture into the tart molds.
4. Place tart molds on the baking pan and put the baking pan into the Smart Air Fryer. Select "Bake" mode to bake for 15 minutes with until completely cooked through. Insert a toothpick into the egg custard, it is ready if the toothpick stands on its own.

Bake

挞皮材料：

面粉 225克	鸡蛋 1	
牛油 125克	香草精油 . .少许	
糖霜 55克		

蛋汁材料：

鸡蛋 3	淡奶 85克
幼砂糖 110克	香草香精油 . . ½茶匙
热水 225克	

挞皮做法：

1. 先把牛油置於室温中待软化。用电动打蛋器打烂，分两次加入糖霜用慢速打匀，直至变浅色。
2. 分两次加入打散的蛋汁，慢速打匀。然後加香草精油拌匀。分两次筛入面粉，搓匀成一粉团。
3. 将面团用棍揉开压平一块，约半公分薄。用cookie cutter割出挞壳比小一点的面团。把皮放在挞壳内，用两隻大拇指压好挞皮备用。压的方法：是由挞底开始，一边压扁，一边转挞壳。然後把面团轻轻向周围压按成厚薄均匀的模样。

蛋汁做法：

1. 先把砂糖和热水拌匀，糖完全溶解，备用。
2. 鸡蛋和花奶打匀，加入糖水，搞至完全混和。
3. 用筛过滤蛋汁，隔去蛋汁中的粒粒和泡沫，便成为蛋汁。倒进铺上挞皮的挞壳内。
4. 再把准备好的蛋挞放置在烤盘，把烤盘放进全能气炸锅内。利用"烘焙"键烘15分钟，直至热为止。可以用牙签插入蛋汁，牙签可以自己竖立起来，即是熟透。

Honey Roasted Chicken Wings

蜜汁烤鸡翅

Ingredients:

Chicken wings	10
Honey	1½ spoonful

Marinade:

Soy sauce	2 spoonful	Chopped garlic	½ teaspoon
Rice wine	2 spoonful	Minced ginger	to taste
Chicken stock powder	1 teaspoon	Five-spice powder	to taste
Sugar	½ teaspoon	Pepper powder	to taste

Method:

1. Rinse chicken wings and wipe with kitchen towel to dry. Poke a few holes on each chicken wing with toothpicks to help absorb flavor easily. Set aside.
2. Combine all marinade ingredients and mix well with chicken wings. Keep in fridge to marinate for an hour or more. (Marinate overnight for better results).
3. Thread chicken wings onto skewers and attach skewers to the skewer rack. Set the timer and select "Roast" mode to roast for 12 minutes. Brush honey onto the chicken wings 3 minutes before it is done and continue roasting for the remaining 3 minutes. Ready to serve.

Roast

材料：

鸡翅	10只	酱油	2大匙
蜜糖	1½大匙	米酒	2大匙

腌料：

酱油	2大匙	蒜末	½小匙
米酒	2大匙	姜末	少许
鸡精粉	1小匙	五香粉	少许
糖	½小匙	胡椒粉	少许

做法：

1. 鸡翅洗净后用厨房纸巾擦干水份，再用牙签在鸡翅上戳几个小洞以帮助入味，备用。
2. 将腌料混合均匀，与鸡翅拌匀后，再放入冰箱冷藏腌约1小时或更长的时间（腌过夜会更理想）。
3. 取出鸡翅用串烧叉串起，接着安装上去串烧架，再以"烧烤"键自行调制时间12分钟烧烤，倒数3分钟时，刷上蜜糖，再续烤最后3分钟，即完成。

Honey Glazed Roasted / Barbecued Pork (Char Siu)

自制蜜汁叉烧

Ingredients:

Pork butt
(Or pork belly)6......600 g

Seasoning:

Barbecue/Char Siu sauce...4 tablespoons	Chinese rose wine...1 teaspoon
Maltose...........................1 tablespoon	Five-spice powder...⅓ teaspoon
Chicken stock powder........1 teaspoon	Oil.........................½ teaspoon

Method:

1. Rinse and dry pork butt. Melt the maltose separately over simmering water, stir well with all other seasonings and apply on the pork butt. Add in oil and marinate for an hour or more.
2. Open the Smart Air Fryer, place the pork butt on the high/low rack and select "Turbo" mode to roast for 15 minutes.
3. Open up the Smart Air Fryer 5 minutes before it is done and brush a thin layer of the char siu sauce over both sides of the pork butt. Turn the pork butt over to the other side and continue roasting until it is done. Slice the Char Siu to serve.

⚡ → **Turbo**

材料：

梅头肉
（五花肉亦可）...600克

调味料：

叉烧酱.......4汤匙	玫瑰露.......1茶匙
麦芽糖.......1汤匙	五香粉.......⅓ 茶匙
鸡精粉.......1茶匙	食油.........½ 茶匙

做法：

1. 梅头肉洗净沥干水份，麦芽糖隔水煮至融化后，与其他腌料拌匀，均匀涂于肉上，最后加入食油，腌1小时或以上。
2. 打开全能气炸锅，将肉平铺于高低架上，以"快煮"键烧15分钟。
3. 最后倒数5分钟，打开锅盖，于肉的两面薄薄扫一层叉烧酱，然后反转再继续烧至熟，切件即可享用。

Homemade Roasted Duck

自家烤鸭

Ingredients:

Duck..............	1
Honey............	4 spoonful
Dark sauce....	3 spoonful
Vinegar...........	2 spoonful

Marinade:

Salt.......................	2 teaspoons	Spring onion......	1
MSG......................	2 teaspoons	Garlic bulb........	4
Five-spice powder...	1 teaspoon	Shaoxing wine..	2 tablespoons
Chinese Angelica....	4 slices	Pepper..............	to taste

Method:

1. Remove head, tail and feet from the duck. Rinse to clean and drain well. Set aside.
2. Rub all seasonings on the inner part of the duck and then apply the remaining seasonings on the outside. Cover with cling film and keep in fridge overnight. Remove cling film on the next day and leave it in the fridge for 2 hours to dry out the outer part of the duck (Turn the duck upside down after an hour).
3. Honey, dark sauce and vinegar mix well and set aside.
4. Insert the fork into the middle of the duck and secure both sides to the chicken fork. Place the secured chicken fork into the Smart Air Fryer and close the lid. Set the timer and select "Roast" mode to roast for 45 minutes.
5. Brush a layer of maltose on the duck 10 minutes before it is done. Continue roasting till the remaining time is up then it is ready to be served.

Roast

材料：

母鸭..........	1只		
蜜糖..........	4大匙		
黑酱油........	3大匙		
白醋..........	2大匙		

腌料：

盐..........	2茶匙	青葱..........	1颗
味精..........	2茶匙	蒜头..........	4粒
五香粉........	1茶匙	绍兴酒.......	2汤匙
当归片........	4片	胡椒粉........	适量

做法：

1. 将鸭头，鸭尾与鸭脚剁掉，清洗干净，沥干水份，备用。
2. 把所有腌料陆续涂抹在鸭的内部，剩余的腌料涂抹鸭的外面，利用保鲜纸盖好，放置冰箱过夜。第二天把保鲜纸打开，让鸭表面的水份停留在冰箱2个小时抽干。(一个小时后将鸭反转)
3. 蜜糖，黑酱油和白醋拌匀，备用。
4. 将全鸭以转轴自中间插入鸭体，两边用烤鸡架固定住，再将固定好的转轴放入机器转轴插控中，把盖盖好，再按"烧烤"键自行调至时间，烘烤45分钟。
5. 最后倒数10分钟，刷上一层麦芽糖，继续烤至时间到，即完成。

Homemade Crispy Roasted Pork Belly

自制脆皮烧肉

Ingredients:

Pork belly....................1 kg
Shaoxing wine.........................½ tablespoon
Rock salt (to sprinkle on rind)...1 spoon

Marinade:

Fine salt ....2 teaspoons
Chicken stock powder...1 teaspoon
Five-spice powder..........½ teaspoon

Method:

1. Combine fine salt, chicken stock powder and five-spice powder well. Set aside.
2. Rinse and clean pork belly. Blanch in boiling water for about 15 minutes until 60 – 70% done. Drain away water and poke as many holes as possible on the pork rind with needles. Turn over the pork belly and cut a few slits on the meat with knife to help absorb the seasonings better.
3. Rub Shaoxing wine on the pork belly evenly. Leave it for a while and apply seasonings on the surface and sides of the meat evenly. Do not apply seasonings on the rind as it contains five-spice powder.
4. Wrap the bottom and sides of the pork belly with foil and leave the rind unwrapped. Place it in the fridge overnight (Putting the meat in fridge helps to dry out water in the rind).
5. Open the Smart Air Fryer, place the meat on high/low rack with the rind side down and select "Turbo" mode at 230℃ to cook for 15 minutes.
6. Turn the meat upside down with the rind side up, sprinkle with rock salt. Switch to "Roast" mode and roast for 20 – 30 minutes until the rind crackles. Leave it cool and slice to serve.

⚡ Turbo

材料：

猪腩肉(五花腩).....1kg
绍兴酒...........½ 汤匙
粗盐(洒在皮).......1小匙

腌料：

幼盐............2茶匙
鸡精粉.........1茶匙
五香粉.........½ 茶匙

做法：

1．将幼盐，鸡精粉和五香粉拌匀，备用。
2．五花腩洗净，放入沸水中拖水约15分钟，至六，七分熟。捞起沥干水份，利用插肉针于猪皮上刺大量孔，翻转，用尖刀在肉面上画数刀，让肉能更人味。
3．先把绍兴酒涂匀五花腩。待一会，接着把拌匀的腌料涂匀在肉面和侧面（因腌料中有五香粉，所以猪皮不用涂腌料）。
4．用铝箔纸把猪肉的底部和侧面包好，猪皮不用包，露 出来。放入冰箱中过夜（冰箱能帮助抽干猪皮的水份）。
5．打开全能气炸锅，将肉平放在高低架上（猪皮向下），以 "快煮 "键230度烧15分钟。
6．翻转猪肉（猪皮向上），洒上粗盐，再转用 "烧烤 "键，烧25-30分钟至猪皮呈松脆状，取出放凉切件，即可享用。

Hawaiian Pizza

夏威夷披萨

Ingredients:

Dough:

High-gluten Flour .....200 g	Melted Butter..... 10g
Water........................120g	Sugar................. 2 teaspoons
Yeast........................3g	Salt.................... ½ teaspoon

Toppings:
Canned Pineapples
Ham Slices
Cheddar Cheese Flakes
Tomato Sauce

Method:

1. To make the dough, mix the ingredients of the dough and knead it until it is well mixed. Leave it in the fridge overnight (or let it rise in room temperature).
2. Punch the dough down so it deflates a bit, divide the dough in half then let sit for 10 minutes.
3. Flatten the dough with a rolling pin and roll it out to about 4mm thick.
4. Roll up the edges of the dough (You may roll up a bit more if you like it thicker).
5. Make dents under the pizza dough and let it rise for another 25 minutes.
6. Brush the surface with tomato sauce.
7. Top it up with a layer of ham slices.
8. Sprinkle with cheddar cheese flakes, then put the ham slices and pineapple cubes on top of it.
9. Lightly coat the baking pan with some oil then place the pizza onto the baking pan.
10. Put the baking pan into the Smart Air Fryer, select "Bake" mode, and set the timer to bake for 10 minutes.

Bake

材料：

面团：

高筋面粉........200克	牛油（融化）.....10克
水.............120克	糖.............2茶匙
酵母...........3克	盐.............½ 茶匙

馅料：
罐头菠萝
火腿片
车打芝士丝
番茄酱

做法：

1. 面团材料揉成面团后放入冰箱过夜（或者室温一发）。
2. 分成2份。排气揉成面团，醒发10分钟。
3. 擀成厚约4MM的面饼。
4. 边卷起来（想边厚的就多卷一点）。
5. 底面戳一堆孔。醒发25分钟。
6. 刷上番茄酱。
7. 铺上一层火腿片。
8. 铺上车打芝士条。表面再摆火腿片和菠萝块。
9. 在烤盘内先均匀刷上薄油，放入披萨。
10. 将烤盘置入全能气炸锅，按"烘焙"键，将时间调制烘烤10分钟。

Grilled Squid & Salmon Skewers

鱿鱼三文鱼串烧

Ingredients:

Squid....................1
Salmon.................1 piece
Lemon..................1
Cherry tomatoes.....10

Marinade:

Rice wine...........2 teaspoons
Minced garlic......1 spoonful
Lemon juice........1 spoonful

Salt.....................to taste
Sugar.................to taste
Pepper..............to taste

Method:

1. Clean squid and salmon then cut into 3cm cubes.
2. Combine all marinade ingredients and mix well with squid and salmon. Cover with cling film and keep in fridge to marinate for an hour until flavor is infused.
3. Cut lemon into 8 pieces. Rinse cherry tomatoes and set aside.
4. Thread 2 salmon and squid cubes and one of each lemon and cherry tomato onto each skewer.
5. Place the skewers on the skewer rack, put into the Smart Air Fryer and select "Roast" mode to roast for 8 minutes.

Roast

材料:

鱿鱼.........1条
三文鱼.......1片
柠檬.........1颗
小番茄........10颗

腌料:

米酒..........2茶匙
蒜蓉.........1大匙
柠檬汁........1大匙

盐...........适量
糖...........适量
胡椒粉........适量

做法:

1. 三文鱼，鱿鱼洗净后切丁（约3cm）。
2. 将所有腌料混合均匀，放入鱿鱼和三文鱼拌匀，用保鲜膜盖好送进冰箱腌制1个小时至入味。
3. 柠檬1切成8块，小番茄洗净，备用。
4. 每支串烧叉分别串上三文鱼2块，鱿鱼2块，柠檬，小番茄各一。
5. 将串好的肉串安装上串烧架，放入锅内，以"烧烤"键烤8分钟。

Grilled Salmon

烤三文鱼

Ingredients for crust:

Salmon	1 piece	Black pepper	¼ teaspoon
Rice Wine	1 spoonful	Lemon	one half
Salt	⅓ teaspoon		

Method:

1. Wash the salmon, dry it with a piece of kitchen-use paper towel. Marinate it with rice wine, salt and black pepper.
2. Coat the steak cage with some oil, then place the salmon into the steak cage.
3. Put the cage into the Smart Air Fryer, select "Bake" mode and set the heat to 180℃. Grill for about 15 minutes. Dish the salmon and squeeze in some lemon juice before serving.

Bake

材料:

三文鱼	1片	黑胡椒粉	¼ 匙
米酒	1大匙	柠檬	半个
盐	⅓ 匙		

做法:

1. 三文鱼洗净,用厨房纸巾吸干水份,以米酒、盐和黑胡椒粉腌制一会儿。
2. 在转动层架上涂抹少许油,然后将鱼放入网内。
3. 将转动层架放进气全能炸锅,用"烘焙"键以180℃烤约15分钟。取出盛盘,将柠檬汁挤在三文鱼上即可享用。

Grilled Prawns with Lemon Sea Salt

柠香海盐烤虾

Ingredients:
Fresh Prawns........10
Lemon..................1

Seasoning:
Rice Wine.................1 tablespoon
Sea Salt....................to taste

Method:
1. Cut off the barbs and whiskers of the prawns and devein each prwans. Wash and drain water nefore marinating it with rice wine for 15 minutes.
2. Peel the skin of a lemon and mix well with sea salt, set aside.
3. Thread the marinated prawns onto the skewer. Sprinkle with lemon sea salt to taste. When it is ready, set the skewer onto the skewer rack, select "Roast" mode to roast (reduce the roasting time to 8 minutes).
4. Remove the shells when eating. You may add some fresh lemon juice to enhance the flavor.

Roast

材料:
鲜虾.......10只
柠檬.......1个

调味料:
米酒.......1大匙
海盐.......适量

做法:
1. 将鲜虾用剪刀剪去尖刺，头须，再去除肠泥，洗净沥干水份后再拌入米酒腌约15分钟。
2. 刨出柠檬皮再与海盐混合均匀，备用。
3. 将已腌制的虾用串烧叉串起，洒上适量柠檬海盐，把准备好的虾，安装上去串烧架，再以"烧烤"键再把时间减至8分钟烧烤。
4. 食用时把虾壳剥掉，再搭配新鲜柠檬汁增味。

Grilled Pork Ribs in Eed Yeast Sauce

红麴酱烧烤肉排

Ingredients:

Pork ribs......................1 kg

Seasoning:

Red yeast sauce...2 spoonful	Chicken stock powder...2 teaspoon
Soy sauce............2 spoonful	Five-spice powder........2 teaspoon
Sugar..................1 spoonful	Pepper powder.............2 teaspoon

Method:

1. Wash the pork ribs and wipe away water with kitchen towels. Set aside.
2. Mix all seasoning ingredients together, set aside.
3. Prepare a zipper plastic bag, put in pork ribs and seasoning mixture. Mix well and keep it in the fridge to marinate for 1 – 2 hours.
4. Take out the pork ribs and place in steak cage.
5. Place steak cage into the Smart Air Fryer and select "Roast" mode to roast for 30 minutes at 200°C until cooked through.

Roast

材料:

猪肉肋排.........1公斤

调味料:

红麴酱.........2大匙	鸡精粉.........2小匙
酱油...........2大匙	五香粉.........1小匙
糖.............1大匙	胡椒粉.........2小匙

做法:

1. 将猪肋排洗净，用厨房纸巾抹干水份，备用。
2. 把所有调味料混合一起，备用。
3. 准备一个拉链塑胶袋，将猪肋排与调味料放入袋内混合均匀后，放置冰箱内腌制1-2小时。
4. 取出肋排放入转动层架。
5. 转动层架置入全能气炸锅，使用"烧烤"功能200度，烤30分钟烤制至熟即可。

Chicken Skewers

串烧鸡柳

Ingredients:

Chicken thigh	200 g	Green pepper	½
Canned pineapple	5 slices	Yellow pepper	½
Button mushrooms	10	Garlic	10 cloves

Seasoning:

Hoi sin sauce	2 tablespoons
Wine	2 teaspoons
Chili Sauce with Garlic	2 tablespoons
Soy sauce	1 tablespoon
Sugar	½ spoonful
Pepper powder	to taste
Sesame oil	1 teaspoon

Method:

1. Cut chicken thigh into 3cm cubes.
2. Add all seasonings together and mix well with the chicken cubes. Cover with cling film and keep it in the fridge to marinate for 2 hours until flavor is infused.
3. Peel garlic, clean the button mushroom (without rinse), cut pineapples, green pepper and yellow pepper into cubes.
4. Thread 2 pieces of chicken cubes, one of each pineapple, green pepper, yellow pepper chunks and mushroom onto each skewer.
5. Place the skewers on the skewer rack, put into the Smart Air Fryer and select "Roast" mode to roast for 12 minutes.

Roast

材料:

鸡腿肉	200克	青椒	半个
罐头凤梨	5片	黄椒	半个
蘑菇	10颗	蒜头	10瓣

腌料:

海鲜酱	2汤匙	糖	半大匙
酒	2茶匙	胡椒粉	适量
蒜蓉辣椒酱	2汤匙	麻油	1茶匙
酱油	1汤匙		

做法:

1. 鸡腿肉切丁（约3cm）。
2. 将所有腌料混合均匀，放入鸡肉拌匀，用保鲜膜盖好送进冰箱腌制2个小时至入味。
3. 蒜头去皮，蘑菇抹干净（无需清洗）凤梨，青椒，黄椒分别切成方块，备用。
4. 每支串烧叉分别串上鸡肉2块，凤梨，青椒，黄椒，蘑菇各一。
5. 将串好的肉串安装上串烧架，放入锅内，以"烧烤"键烤12分钟。

German Roasted Pork Trotters

烤 德 国 猪 手

Ingredients:

Pig trotter (with bone)....1
Stout............................1 tablespoon
Black peppercorn..........1 tablespoon
Cumin...........................1 tablespoon

Seasoning:

Salt...........1 tablespoon
Cloves......3 tablespoon
Vinegar......2 tablespoon
Red wine...2 tablespoon

Water.................1 cup
Butter................1 tablespoon
Pepper salt........to taste

Method:

1. Rinse the pig trotter. Place black peppercorn, cumin, salt, cloves, vinegar, red wine and water into a pot and bring to boil. Remove from heat, set aside and ready to be used as marinated once cool.
2. Pour stout over pig trotter and pat evenly. Place pig trotter into a big bowl after drying it and pour in marinade. Cover with cling film and immerse overnight.
3. Place the marinated pig trotter into pot, add water and steam over medium heat for 1 hour. Leave it to cool. Apply butter, salt and pepper evenly and place the pig trotter on low/high rack with skin side up. Select "Fry" mode to cook for 25 minutes.
4. Turn the pig trotter upside down, switch to "Roast" mode for 10 minutes till it is cooked entirely.

Roast

材料：

猪手(连骨).........1只
黑啤酒............1大匙
黑胡椒粒.........1大匙
小茴香子..........1大匙

腌料：

盐............1大匙
丁香.........3粒
醋............大匙
红酒.........2大匙

水............1杯
牛油..........1大匙
胡椒盐........适量

做法：

1. 猪手洗净，将黑胡椒粒，小茴香子，盐，丁香，醋，红酒，水放入锅子中煮开，熄火待凉，作成猪手腌汁备用。
2. 猪手淋上黑啤酒拍打均匀，取出擦干，放入大碗中，倒入腌汁，包上保鲜膜密封，浸泡一夜至入味。
3. 将腌好的猪手放入蒸锅，加入适当的水以中小火隔水蒸煮1小时，取出待凉，均匀抹上牛油及胡椒盐，猪皮朝上放入全能气炸锅里的高低架，用"煎炸"键烤25分钟。
4. 将猪手翻面，再改用"烧烤"键烤10分钟至熟。

French Toast

西多士

Ingredients for crust:

Sandwich bread.....2 slices		Salt.......................to taste	
Egg.......................1		Butter...................to taste	
Fresh Milk.............200 ml		Honey..................to taste	

Method:

1. Beat the egg, then add in milk and salt, mix well and set aside.
2. Brush a thin layer of butter onto the steak cage, soak the breads into the egg mixture and place it into the cage. Put the steak cage into the Smart Air Fryer, select "Roast" mode and roast for 10 minutes.
3. Serve with honey and a small piece of butter.

Roast

材料:

三文治面包.....2片	盐............适量	
鸡蛋..........1个	牛油..........适量	
鲜奶..........200毫升	蜜糖..........适量	

做法:

1. 将鸡蛋打散,加入鲜奶和盐后,均匀搅拌成蛋液备用。
2. 在转动层架涂抹薄薄一层牛油,面包浸泡蛋液后放入网内,将转动层架置入锅中,利用"烧烤"键,将时间调10分钟即可。
3. 盛盘时加入蜜糖和一小块牛油,即可享用。

French Roast Lamb with Herbs

法式香草烤羊肉

Ingredients:

Lamb Shoulder.............4 pieces

Marinade:

Lea & Perrins' Sauce...1 spoonful	Shaoxing Wine...1 spoonful	Rosemary........1 stalk
Oyster Sauce...............2 spoonful	Lemon Juice.......1 spoonful	Mint.................a few leaves
Olive Oil......................2 spoonful	Minced Garlic.....1 spoonful	Black pepper...to taste
Soy Sauce...................1 spoonful		

Sauce:

Minced Garlic...............1 spoonful	Mint Sauce...........3 spoonful
Sugar..........................1 spoon	White Vinegar........1 spoonful

Method:

1. For the marinade, mix all required ingredients well. Wash and drain the lamb shoulders, set it aside.
2. Put both lamb shoulders and marinade into a zipper bag, marinate for half an hour or longer.
3. Place the marinated lamb shoulders into the steak cage, and put it into the Smart Air Fryer. Roast for 15 minutes by selecting the "Stir – fry" mode.
4. Pour in the sauce when cooked, it is now ready to serve.

Stir-Fry

材料：

羊肩.........4 块

腌料：

李派林酱汁....1大匙	绍兴酒.........1大匙	迷迭香.........1根
蚝油..........2大匙	柠檬汁........1大匙	薄荷叶........数片
橄榄油........2大匙	蒜蓉..........1大匙	黑胡椒粉......适量
酱油..........1大匙		

酱汁：

蒜蓉...........1大匙	
砂糖.........1小匙	
薄荷酱......3大匙	
白醋.........1大匙	

做法：

1. 把所有腌料拌匀，羊肩肉洗净抹干备用。
2. 羊肩肉及腌料放入拉链塑胶袋内，腌半个小时或更长的时间亦可。
3. 将腌制好的羊肉放入转动层架，再置入全能气炸锅，利用"煎炒"烤制15分钟。
4. 羊肩肉盛盘后，淋上酱汁即可。

French Fries

薯 条

Ingredients:

Frozen French Fries from any supermarket..........1 pack (or as desired)

Method:

1. Pour the French fries into the baking cage. You don't have to defrost the French fries.
2. To set up the shaft and baking cage, put one end of the shaft through the shaft hole, then put the other end on the stainless steel holder.
3. Start cooking by selecting "Fry" mode.
4. Ready to serve after 25 minutes.

Fry

材料:

市售冷冻薯条........1包（适量）

做法:

1. 薯条无须解冻，将整包的薯条放入转笼中。
2. 将转轴及转笼组装好，把一端转轴插入转轴插孔，另一端置放于不锈钢内锅支架上。
3. 再按"煎炸"键烘烤。
4. 经25分钟后即完成。

Fillet Steak

菲 力 牛 排

Ingredients:

Beef Fillet...................1 piece
Black Pepper Sauce...2 tablespoon
Cooking Oil.................1 teaspoon

Method:

1. Wash the beef fillet. Rub the sides of the meat with cooking oil to prevent bloody water from oozing and affect the tenderness of the meat.
2. Marinate with black pepper sauce for 30 minutes.
3. Place the marinated beef into the steak cage and put the steak cage into the roaster. Select "Roast" mode to cook.
4. You may adjust the roasting time as desired. The texture of the steak varies from different timing.

Roast

材料:

菲力牛排........1块
黑胡椒酱........2汤匙
食油............1茶匙

做法:

1．将牛肉洗净，为了防止血水再流出，影响肉质的鲜嫩，必须在肉的表面先抹上食油。
2．处理的牛肉，以黑胡椒酱腌制30分钟。
3．把腌制好的牛肉放入转动层架，再将其置入全能气炸锅，按"烧烤"键烤10分钟。
4．烧烤的时间可以自己拿捏，因为不一样的烹调时间，会让牛肉的口感不一样。

Chocolate Lava

熔岩巧克力蛋糕

Ingredients:

Chocolate Filling
Bittersweet Chocolate....200 g
UHT Fresh Milk..............60 g

Batter:
Unsalted Butter.........150 g
Sugar.......................60 g
Cake Flour................170 g
Salt..........................¼ spoon

Milk...90 ml
Cocoa Powder............................15 g
Eggs (kept in room temperature)...3

Method:

1. To make the chocolate filling, preheat the milk and pour it into the chocolate until the chocolate dissolved thoroughly. Pour the filling evenly into a bigger bowl and leave it in the freezer.
2. To make the batter, mix butter with salt and sugar and stir well, add in the eggs one after another while stirring. Then add in the sieved flour, cocoa powder and milk. Stir well but do not over – stirred the mixture.
3. Take out the frozen chocolate filling, divide the filling into 6 portions by using an ice – cream scoop, set aside when done.
4. Brush some butter into the baking cups, half – fill each baking cup with the batter, then place the chocolate filling into the cups, take note that the fillings should not be touching the bottom of the cups. Finally pour in the rest of the batter, be careful not to expose the fillings.
5. Place the baking cups into the baking pan, put it into the Smart Air Fryer, select "Bake" mode and bake for 20 minutes. Set aside to cool when it's done, garnish with icing sugar before serving.

Bake

材料：

巧克力内馅：
苦甜巧克力.....200克
UHT鲜奶......60克

面糊材料：
无盐牛油......150克
砂糖.........60克
低筋面粉......170克
盐...........¼ 小匙

牛奶.........90毫升
可可粉......15克
蛋...........3个（室温）

做法：

1. 制作巧克力内馅：将牛奶加热，倒入巧克力至完全均匀融化，内馅均匀倒入较大的碗中，放入冰箱冷冻。
2. 制作面糊：牛油加盐入和糖，搅拌均匀，蛋分次一颗一颗加入，均匀搅拌再加入下一颗加入已过筛的面粉和可可粉、牛奶，搅拌均匀，勿过度搅拌面糊，。
3. 把冷冻好的巧克力内馅，利用冰淇淋勺子分成6份，备用。
4. 烘烤杯内涂抹一点牛油，将面糊倒入杯内，至半杯分量即可。巧克力内馅压入糊中，**别让馅碰到底部**，表面再加上面糊抹平，不让内馅露出。
5. 将烘烤杯放在烤盘后，送入全能气炸锅，用"烘焙"键烘烤20分钟，烤好待冷却，再洒糖粉装饰。

Grilled Chicken & Vegetable Skewers

鸡肉蔬菜烧烤串

Ingredients for crust:

Chicken breast.........200 g	Green pepper........½	
Onion.......................½	Cherry tomatoes...10	
Button mushrooms...10		

Ingredients for egg custard:

Hoi sin sauce...2 tablespoons	Sugar....½ spoonful
Wine................2 teaspoons	Pepper .....to taste
Soy sauce.......1 tablespoon	Sesame oil...1 teaspoon

Method:

1. Cut chicken breast into 3cm cubes.
2. Add all seasonings together and mix well with the chicken cubes. Cover with cling film and keep it in the fridge to marinate for 2 hours.
3. Peel onion and cut into 3cm cubes. Clean the button mushroom (without rinse), cut yellow pepper into cubes, rinse cherry tomatoes and set aside.
4. Thread 2 pieces of chicken cubes, one of each yellow pepper, onion, mushroom and cherry tomatoes onto each skewer.
5. Place the skewers on the skewer rack, put into the Smart Air Fryer and select "Roast" mode to grill for 12 minutes. (Brush a layer of hoi sin sauce on skewers 2 minutes before it is done.)

Roast

材料:

鸡胸肉......200克	青椒........半个	
洋葱.......半个	小番茄......10颗	
蘑菇........10颗		

腌料:

海鲜酱......2汤匙	糖.........半汤匙
酒..........2茶匙	胡椒粉.....适量
酱油........1汤匙	麻油.......1茶匙

做法:

1. 鸡胸肉切丁（约3cm）。
2. 将所有腌料混合均匀，放入鸡肉拌匀，用保鲜膜盖好送进冰箱腌制2个小时至入味。
3. 洋葱去皮切3cm方块，蘑菇抹干净（无需清洗），青椒切成方块，小番茄洗净，备用。
4. 每支串烧叉分别串上鸡肉2块，青椒，洋葱各一片，蘑菇，小番茄各一颗。
5. 将串好的肉串安装上串烧架，放入锅内，以"烧烤"键烤12分钟。（在倒数2分钟时，再刷上一层海鲜酱）。

Chicken & Mushroom Pie

蘑菇鸡肉派

Ingredients:

Onion (diced)	½	Cooked chicken breast	100 g	Whipping cream	85 ml
Garlic (chopped)	2	Green peas (Fresh or frozen)	25 g	Dried thyme	½ teaspoon
Bacon (diced)	50 g	Corn flour	3 teaspoons	Beaten egg	½
Button mushroom	6 (about 85g)	Chicken stock	160 ml	Frozen puff pastry	2 sheets

Method for making pie stuffing:

1. Heat oil in a frying pan with medium high heat, stir fry onion until softened. Add in garlic and bacon, stir fry until fragrant. Add mushrooms, chicken and then mix well with dried thyme. Continue cooking until mushrooms are cooked through.
2. Mix 2 teaspoons of chicken stock with 3 teaspoons corn flour, set aside.
3. Pour the remaining chicken stock into the pie stuffing and bring to boil. Add green peas and continue cooking for a while. Pour in corn flour mixture and cook until the sauce thickened. Add whipping cream and continue cooking for 1 minute. Add salt and pepper to taste. Remove from heat and pour the pie stuffing into a big bowl then leave to cool.

Putting the pie together:

1. Take out pastry dough from the fridge and place on clean work station. Carefully lay the pastry on the pie dish and trim off excess pastry. (Noted: trimmed pastry can be used for decoration of the pie surface) Gently press the edges with fingers. Poke a few holes in the bottom pie crust with a fork. Put a piece of baking sheet on the pie crust and place some beans or rice on top. Place the pie dish into the Smart Air Fryer and bake with "Bake" mode for 15 to 20 minutes or until the edges turn light yellow.
2. Take out the pie crust and fill with the pie stuffing. Roll out another sheet of pastry and lay on top of the pie dish. Press down the edges to seal the pie. Cut a few slits on top of the pie with sharp knife to decorate. Make 2 small openings in the center part of the pie to allow steam to escape. Brush the top of the pie with beaten egg.
3. Place the pie into the Smart Air Fryer, select "Bake" mode to bake for 20 to 25 minutes, or until the pie surface turns golden brown.

Bake

馅料材料:

洋葱(切粒)	½ 个	熟鸡胸肉	100克	淡忌廉	85毫升
蒜头(拍扁剁碎)	2瓣	青豆(新鲜或急冻)	25克	乾百里香	½ 茶匙
熏肉(培根，切丁块)	50克	粟粉(玉米粉)	3茶匙	蛋汁	½ 个
蘑菇	6个约85克	鸡汤	160毫升	冷藏派皮	2片

馅料做法:

1. 用中大火烧热油锅，加洋葱炒至软身。下蒜头爆香。加熏肉炒至甘香。下蘑菇，鸡肉，洒下乾百里香，拌匀。煮至蘑菇熟透。
2. 于此同时，用2汤匙鸡汤把3茶匙粟粉拌匀，备用。
3. 把其余的鸡汤，倒进蘑菇鸡肉馅料中，煮至大滚，加青豆，继续煮片刻後，下粟粉鸡汤，煮至至浓稠。加忌廉，再煮约1分钟。加盐和胡椒粉调味。熄火，把馅料转至一大碗中，放凉点，备用。

派皮做法:

1. 把面团拿出雪柜，置干净工作台面，小心转入批盘，用刀割出多余的面团(注：割出的面团可留作装饰批面用)。用手轻压边缘。用叉在批底刺几行孔。铺上烘培纸，上面放豆类或米。放入全能气炸锅中，以"烘烤"键烘约15至20分钟，或直至批边微黄色。
2. 拿出派皮，铺上馅料。用另一块面团压成圆形，铺在上面。沿边压紧收口。在批面用利刀轻轻画花纹装饰。中间割两个小开口，让馅料内水气蒸发出来。批面涂上蛋汁。
3. 放入全能气炸锅中，再使用回"烘焙"键，烘烤约20至 25分钟，或直至表面金黄色，即成。

Caramel
Popcorn

焦糖爆米花

Ingredients:
Dried corn kernels.....100 g
Cooking oil................1 tablespoon
Salt...........................¼ teaspoon

Sugar .... 2 tablespoons
Water .... 2 tablespoons

Seasoning:
Caramel..............to taste

Method:
1. Mix the corn kernels, cooking oil and salt together, mix well and set aside.
2. Add sugar into water. Cook the mixture with low heat until it turns to caramel.
3. Set up the baking cage, place it into the Smart Air Fryer. Open the baking cage and pour in the corn kernels.
4. Select "Turbo" mode and bake for 15 minutes. Pour the popcorn into a large container when it is done and mix well with caramel.

Turbo

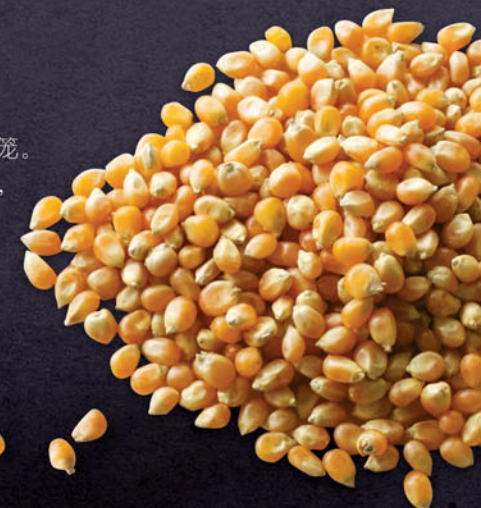**材料：**
干玉米粒........100克
食油...........1汤匙
盐.............¼茶匙

白糖..........2汤匙
水............2汤匙

调味料：
焦糖..........适量

做法：
1 将干玉米粒，食油和盐混合均匀，备用。
2 白糖加入水用小火煮成焦糖，备用。
3 组装好转笼，先把转笼放入锅内，再打开转笼将已混合的干玉米粒倒入转笼。
4 以"快煮"键烘烤，调整时间烤15分钟后，把爆米花倒在一个较大的容器，再将焦糖加入拌匀即可。

Butter Cookies

牛油曲奇饼

Ingredients for crust:

Butter cookies premix....250g   Egg (grade B)........1

Butter...........................100g   Chocolate chips......50g

Vanilla essence.............½ teaspoon

Note: Butter cookies premixes are ready made and available at baking supplies shops

Method:

1. Add all ingredients into Mix Master and mix well. Add chocolate chips into the mixture, set aside.
2. Put the mixture on baking sheet by using spoon, leave space between each cookie. Place them on low/high rack.
3. Select "Bake" mode to bake for 8 minutes.

Bake

材料：

牛油曲奇粉........250克   鸡蛋（grade B)...1个

牛油.............100克   巧克力粒.........50克

香草香精.........½ 茶匙

注：牛油曲奇粉是已经调配好的，在蛋糕材料行就可以买到。

做法：

1. 将所有材料放入"搅拌大师"，搅拌至均匀，最后把巧克力粒加进面糊中，备用。
2. 将拌好的材料，以汤匙挖取放在烘焙纸上，饼与饼之间要有点距离空间，再将已处理好的粉团移置到高低架。
3. 利用"烘焙"键烘焙8分钟。

Black Pepper Bacon

黑 胡 椒 咸 猪 肉

Ingredients:

Pork belly with rind
(about 2.5cm thick) ......300 g
Leek...........................1

Seasoning:

Black pepper.............1 tablespoon	Rice wine...........1 tablespoon
Sichuan pepper.........½ tablespoon	Salt....................2 teaspoon
Chopped garlic.........½ tablespoon	Sugar.................1 teaspoon

Method:

1. Combine all seasonings and mix well. Set aside.
2. Rinse pork belly and wipe off water. Rub seasonings over the meat evenly and wrap with cling film. Keep in fridge for about 2 days.
3. Take out the marinated pork belly and place on steak cage. Put into Smart Air Fryer and select "Roast" mode to roast for 20 minutes.
4. Take out the pork belly and leave to cool for 10 minutes. Slice and serve with leek.

Roast

材料:

带皮五花肉
(厚度约2.5cm)...300克
蒜苗...........1根

调味料:

粗黑胡椒粉.....1大匙	米酒...........1大匙
花椒...........½大匙	盐.............2小匙
蒜末...........½大匙	糖.............1小匙

做法:

1. 将所有调味料混合均匀，备用。
2. 五花肉洗净后擦干水份，均匀抹上腌料后，用保鲜纸包裹好，放入冰箱冷藏约2天至入味。
3. 把腌好的猪肉取出，放入转动层架，送入锅内，以"烧烤"键烤20分钟。
4. 取出猪肉。等约10分钟降温后，再切片，即可配搭蒜苗食用。

Banana Walnut Chiffon Cake

香蕉核桃戚风

Ingredients for egg yolk mixture:

Cake flour	180 g	Caster sugar	70 g
Mashed banana	190 g	Olive oil	60 g
Walnut	80 g	UHT milk	100 g
Egg yolks	6	Baking soda	1 teaspoon

Ingredients for egg white mixture:

Egg whites	6
Lemon juice	1 teaspoon
Castor sugar	45 g
Cream of tartar	½ teaspoon

Method:

1. Beat egg yolks with caster sugar. Add in olive oil and UHT milk, mix well.
2. Sift in cake flour and baking soda, mix well. Add in mashed banana (It will be granular as the ripe bananas are being mashed instead being blended). Add chopped walnut to the mixture.
3. Beat egg whites with lemon juice and cream of tartar.
4. Add in caster sugar 3 times separately and beat until stiff peaks form.
5. Fold in 1/3 egg white mixture into the egg yolk mixture till incorporated.
6. Fold in the remaining egg white mixture and mix well.
7. Pour the mixture into baking pan with baking sheet at the bottom. Put it into the Smart Air Fryer and select "Bake" mode to bake for 45 minutes.
8. Remove from the Smart Air Fryer and invert the baking pan. Leave to cool and it is ready to serve.

Bake

蛋黄糊材料：

低筋粉	180克	砂糖	70克
香蕉泥	190克	橄榄油	60克
核桃	80克	UHT牛奶	100克
蛋黄	6个	泡打粉	1茶匙

蛋白糊材料：

蛋白	6个
柠檬汁	1茶匙
砂糖	45克
塔塔粉	½ 茶匙

做法：

1. 蛋黄6个加砂糖打散，加入橄榄油和UHT牛奶搅拌均匀。
2. 筛入低粉，泡打粉切拌均匀， 加入香蕉泥拌匀（我把熟香蕉压扁~没有用搅拌机~所以还有颗粒状），加入核桃（先用刀切碎）拌匀。
3. 蛋清加入柠檬汁，塔塔粉打发。
4. 分三次加入砂糖，渐渐开始有细密的泡沫，打到能提起一个直立的尖角。
5. 取1/3蛋白霜和拌好的蛋黄糊翻拌均匀。
6. 加入剩下的2/3蛋白霜翻拌均匀， 拌好成面糊的样子。
7. 倒入已放了烘焙纸的烤盘内，放入锅内在按"烘焙"键烤45分钟。
8. 从全能气炸锅取出后倒扣放凉即可。

Baked Zucchini with Cheese

起司烘烤夏南瓜

Ingredients for crust:

Grated cheese.......2 spoonful		Olive oil.................to taste	
Tomato..................1		Salt........................to taste	
Zucchini 1		Black pepper..........to taste	

Method:

1. Slice zucchini into long strips. Brush each slice with olive oil, then sprinkle salt and pepper on top.
2. Evenly sprinkle grated cheese on top of each slice and add diced tomatoes over top.
3. Place the zucchini on baking pan and put them into the Smart Air Fryer. Select "Bake" mode to bake for 10 minutes and it is ready to be served.

Bake

材料：

起司丝.........2大匙		橄榄油.........少许	
番茄..........1个		盐.............少许	
夏南瓜.........1条		黑胡椒粉。。。少许	

做法：

1. 夏南瓜切长片，用刷子将夏南瓜刷上橄榄油，洒上盐，黑胡椒粉。
2. 将起司丝平均洒在夏南瓜 上，番茄切丁洒在起司丝上。
3. 把夏南瓜平放在烤盘上，送进全能气炸锅，以"烘焙"键烤10分钟，即完成。

Baked Hasselback Potatoes

千层烤薯

Ingredients for crust:

American Potato.......2		Olive Oil....................to taste	
Bacon.......................2 slices		Sea Salt / Garlic Salt...to taste	
Butter ....1 spoonful		Fresh Parsley............to taste	
Black Pepper.............to taste			

Method:

1. Wash the potatoes, and place them on the cutting board with the flat sides down. Slice each potato crosswise, cutting down vertically. (You may place a chopstick underneath the potato to prevent breaking). Each cuts should be about 0.5 cm apart.
2. Slice the bacon into pieces, each 2 cm in width. Season with olive oil and black pepper, set aside when done. Chop the parsley and set aside.
3. Place potatoes on the baking pan. Stuff the sliced bacon in-between the sliced gaps of each potatoes. Brush it with butter and spinkle with parsley.
4. Put the baking pan into the Smart Air Fryer. Place it on top of the low rack. Select "Bake" mode and set the timer. Bake for 35 minutes or until the potatoes turned crispy outside and fluffy inside.

Bake

材料:

美国马铃薯......2个		橄榄油..........适量	
培根............2片		海盐或蒜盐.....适量	
牛油............1大匙		巴西里(新鲜)....适量	
黑胡椒粉........适量			

做法:

1. 马铃薯洗净后将较平的一面向下，然后每隔0.5cm切一刀，不要切断(底下垫筷子就不易切断)。
2. 培根切2cm宽，加入橄榄油和黑胡椒粉腌制片刻，巴西里切碎备用。
3. 将马铃薯放在烤盘上，把培根塞进每瓣马铃薯间隙中，然后在马铃薯上刷上牛油，洒上巴西里碎。
4. 首先将高低架放入全能气炸锅，将烤盘与马铃薯置放在高低架上。盖上盖，选择"烘培"功能，将温度调至150°C，再将时间调至35分钟。烤35分钟或直至马铃薯表皮香脆而薯芯软熟即可。

Baked Ham & Cheese Eggs en Cocotte

焙烤火腿乳酪蛋盅

Ingredients:

Bread...................2 slices	Butter.............................to taste	
Ham.....................2 slices	Parsley (finely chopped)...to taste	
Grated cheese.....50g	Ramekins...........................2	

Ingredients for egg mixture:

Large size egg......1
Milk.....................90 ml
Salt.....................to taste
Black pepper.........to taste

Method:

1. Cut each slice of bread into 9 pieces and cut ham into small pieces. Mix all ingredients for egg mixture together and strain through sift.
2. Brush a layer of butter on the inner side of ramekins. Put bread, ham and grated cheese into ramekins and pour in egg mixture. Place ramekins on baking pan and put into the Smart Air Fryer.
3. Select "Bake" mode to bake for 15 minutes. Sprinkle chopped parsley on top to serve.

Bake

材料：

面包........2片	牛油.........少许	
火腿........2片	巴西里(碎末)..少许	
起司丝......50克	烤皿.........2个	

蛋液材料：

大型鸡蛋...1个
鲜奶......90毫升
盐.........少许
黑胡椒粉...少许

做法：

1. 将每片面包切成9小块，火腿切小片，蛋液材料混合均匀，并用网勺过滤，备用。
2. 将烤皿内部抹上牛油，排入面包，火腿片，起司丝，倒入蛋液，把烤皿放在烤盘上，再送进锅内。
3. 利用"烘焙"键烘烤15分钟后，取出洒上巴西里碎末，即完成

Baked Crispy Mushrooms

烘烤酥脆蘑菇

Ingredients for crust:

Button Mushroom...2 spoonful	Olive oil.................to taste
Tomato..................1	Salt........................to taste
Zucchini 1	Black pepper..........to taste
Olive oil.................to taste	

Method:

1. Clean mushrooms with dry tissue, do not rinse with water. Remove stems and set aside.
2. Mix breadcrumbs, cheese powder, chopped parsley, olive oil and salt together.
3. Brush oil over baking pan. Fill each mushroom cap with the mixed ingredients and place on baking pan. Put the baking pan into the Smart Air Fryer, close the lid and select "Bake" mode.
4. Please note that the default timer for "Bake" mode is 20 minutes. Please remember to reduce the timer to 10 minutes, as the recommended cooking time for this dish is only 10 minutes.

Bake

材料：

新鲜蘑菇	起司粉............1大匙
（白色或褐色均可）...1盒	新鲜巴西里........1小匙（切碎）
面包糠............2大匙	橄榄油............2大匙
起司粉............1大匙	盐...............适量

做法：

1. 蘑菇无须用水清洗，只需用纸巾抹一抹，去掉蒂头，备用。
2. 将面包糠，起司粉，巴西里碎，橄榄油和盐混合均匀。
3. 烤盘刷油，把混合好的材料酿入蘑菇内，再放在烤盘上后，送进锅内，盖好锅盖，利用"烘焙"键烘烤。
4. 烘焙键的预设时间是20分钟，这里只建议这道小吃的烹调时间10分钟，所以请记得将预设时间减至10分钟即可）

时尚与健康的结合 The Modern and Healthiest Way

Vivien老师是打扮时尚，对烹饪热忱而享受下厨的现代女性。她不像一般厨师，下厨时总是穿着规定的厨师制服，反而注重时尚衣着和发型，把自己打扮得漂亮进厨房，以感觉舒适自在的形象下厨做菜，带给众人丝丝惊喜。

Vivien老师的妈妈煮得一手好菜，耳濡目染下，Vivien老师的厨艺受到妈妈的启发，自然传承了妈妈的好手艺。Vivien老师对烹饪的热忱不停，她不断从国内外饮食餐饮节目或网上食谱获得创意点子和灵感，讲究创新心思研究新作品。她的作品以"原有配方新煮法"呈现，就地取材，厨房随手可得的材料都能经由她的灵活作出创意变化，让烹饪充满惊喜，也更贴近生活。

2009年，Vivien老师在好友的引荐下首次接触牛头牌炊具，开始踏上烹饪之路，从她擅长的小食（Finger Food）开始，经由示范烹饪，与大众分享现代炊具带来的下厨乐趣。

创立于1957年的牛头BUFFALO品牌，为消费者提供更优秀的不锈钢锅具和厨房产品，提倡无水无油、健康烹饪。

2013年，Vivien老师正式成为牛头牌代言人，持续通过示范与更多人共享厨具科技新生活，藉由牛头牌不锈钢炊具带来的便利，传达出原味健康的饮食概念，让下厨变得更时尚、轻松、简单！

Vivien Chin is a fashionable, modern woman who has a passion for cooking and enjoys concocting wonders in the kitchen. Unlike most chefs who don a customary chef's uniform, she enjoys dressing up and is particular about her clothes and hair, yet manages to look relaxed and comfortable while cooking, bringing a breath of fresh air.

Vivien was inspired by her mother, who is an amazing cook and naturally Vivien inherited her mother's skills. Her enthusiasm for the culinary arts grew and she continuously draws inspiration and ideas from local and foreign gourmet programmes and online recipes, and comes up with new and innovative creations. She puts a new twist on original recipes and uses her creativity to turn readily available ingredients into mouth-watering dishes, whipping up pleasant surprises.

In 2009, Vivien first started using BUFFALO products thanks to a friend's recommendation and began her foray into the culinary world. Through her cooking demonstrations, she shares the joy of cooking and showcases her specialty in making finger food using modern cookware.

The BUFFALO brand was established in 1957, offering consumers high-grade stainless steel cookware and kitchen appliances, with the aim of promoting waterless, greaseless cooking for better health.

In 2013, Vivien officially became the spokesperson and through her cooking demonstrations, continues to share with more people the wonders of technology and innovation in kitchenware, showcasing the convenience brought by BUFFALO stainless cookware, and conveying the message of healthy eating. Cooking has never been more fuss-free, simple and fashionable!

百福乐有限公司
EVERPRO SDN BHD
(110843 X) (No. AJL 93275)

Product Service Hotline:
1300-885-838

Vivien Chin
陈盈萤老师
食谱制作 Recipes by

Email: info@everpro.com.my   Website: www.buffaloworld.com.my

TOROS
BUFFALO SELECTION

360°
全能气炸锅
Smart Air Fryer

无油，无火，无烟 oil free, flame free, smoke free